

# OVERCOME

## Questionnaire

Please take a few moments and think about the questions below, and answer to the best of your ability.

Over the course of the next 18 weeks refer back to your answers from time to time and decide if you want to change any of them. If so, just mark through them and answer again.

What is the toughest problem in your life right now?

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What keeps you from sleeping at night?

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What wakes you up in the morning?

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What do you feel is one area in your life you wish you could change?

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Name one thing that would motivate you to change.

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Do you believe you were created for something other than what you are doing now?

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What is that something?

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Is there a difference between habit and addiction?

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Do you know what your triggers are that encourage destructive behavior?

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Do you believe God loves you and can help?

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